



FAIHP

Fresno American Indian Health Project



DRUM BEATS

The Heartbeat of The Community

September • 2021



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CEO REPORT- Selina De La Peña

Greetings,

COVID-19 News

“The U.S. Food and Drug Administration approved the first COVID-19 vaccine. The vaccine has been known as the Pfizer-BioNTech COVID-19 Vaccine, and will now be marketed as Comirnaty (koe-mir’-na-tee), for the prevention of COVID-19 disease in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization (EUA), including for individuals 12 through 15 years of age and for the administration of a third dose in certain immunocompromised individuals.” - FDA website

The Delta Variant of COVID-19 is spreading in the Valley. Most of the patients being hospitalized with COVID-19 have **not** been vaccinated. We have the Pfizer as well as the Moderna and Johnson & Johnson vaccines. They are ready for your visit. We also continue to do COVID-19 testing. If you have any questions concerning the COVID-19 please call, we would love to help you.

Services Update

We had our Open House on August 4th. It was important for us to show the Medical offices as well as bring the community together. We had over 140 people come to our event. We had COVID protocols in-place and everyone stayed safe. We had all the different programs and departments offer interactive booths, and we had raffles and a free dinner. The Youth department gave tours that ended with a visit to Reptile Ron’s menagerie of snakes, turtles, lizards and more! Visitors had the opportunity to get their vaccines and we administered 25 that evening! Whole families came out to see our new Medical Facility and meet the staff. It was a very successful event and we are thankful for our community who were able to participate.



4th Annual Suicide Vigil

*Please join FAIHP as we honor those who
have been affected by suicide.
We will be holding a candlelight vigil at the
Discovery Center Community Garden
on Tuesday, September 21st 2021
5:30 pm- 7:30 pm*

*1937 N. Winery Ave. Fresno CA
Dinner will be provided*

RSVP: Teela Kipp @559-320-0490



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Clubhouse Highlights:

Last month kicked off with a Zoo trip for our younger youth and a Blackbeard's trip for our teens. This was a celebration for the last week of summer before school started. Clubhouse / Boys & Girls Club of Fresno American Indian Health Project was able to provide 40 youth participants with backpacks and school supplies. These were given out at and during the week of the Open House for FAIHP's medical clinic. Youth Coordinator, Dori Andrews facilitated a second round of TRAIL (Together Raising Awareness for Indian Life) to Diabetes Prevention. Youth had a blast learning about the various food groups, the importance of food choices, body movement, and traditional foods.



Clubhouse continues to function with limited capacity in each room to ensure youth are social distancing. All youth are screened before entering Clubhouse. Staff clean and sanitize the youth spaces before and after each session. All youth and staff are wearing masks during all encounters.

SONS OF TRADITION

Sons of Tradition will start on September 8th for males ages 12 to 17 years old. Sessions are every Wednesday at 4 p.m. Space is limited. Contact Ruben Garcia at 559-320-0490 (press 4 for Youth Services) for more information.

Fetal Alcohol Spectrum Disorders

Fetal Alcohol Spectrum Disorder (FASD) is a group of disorders caused by a pregnant mother consuming alcohol and impacting the development of the baby.

The four different types of this disorder are:

- **Fetal Alcohol Syndrome (FAS):** This is the most severe form of FASD. There is a combination of physical, behavioral, and intellectual characteristics associated with FAS.
- **Partial Fetal Alcohol Syndrome (pFAS):** While this disorder shows some signs of FAS, it does not have all symptoms.
- **Alcohol-Related Neurodevelopment Disorder (ARND):** This disorder is characterized as when alcohol consumption impacts a developing baby's nervous system and brain development, but not physical characteristics.
- **Alcohol-Related Birth Defects (ARBD):** This disorder is a result of drinking causing complications to the development of a baby's heart, brain, kidney, and/or bones.

American Indians and Alaska Natives are the most impacted community by FASDs in the United States. Specifically, 1 in 20 children in the US have some form of Fetal Alcohol Spectrum Disorder.

The bottom line is that there is no safe level of alcohol acceptable to consume during pregnancy.

A baby with this health problem may display the following symptoms:

- Vision or hearing problems
- Sleep and sucking problems as a baby
- Low body weight
- Poor memory
- Difficulty in school
- Poor coordination

Please contact us for help and education if you are pregnant and struggling with alcohol use or if you are pregnant and want to learn more about Fetal Alcohol Spectrum Disorders or similar topics. You can reach our Family Spirit Program Health Educator at (559) 320-0490.

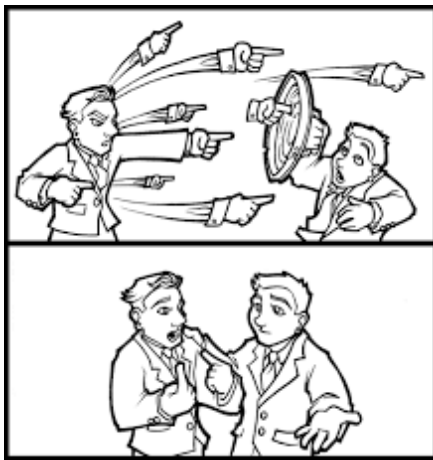
Communication

How do you let others know how you're feeling? Have you been able to have uncomfortable yet necessary conversations or do they turn into fights?

We're not taught how to communicate with each other verbally. Unless you take an interpersonal speech class at your local city college. We're also not taught how to acknowledge our emotions and identify the reasons we feel a certain way.

There are different emotion/feeling wheels on the internet that can help you identify how you are feeling. Some wheels give different feelings under the main emotion of Scare, Mad, Sad, Peaceful, Powerful, Joyful. Other wheels might give examples of sensations you might feel in your body and connect them to feeling such as empty connecting to feeling of guilt which identifies the emotions of sadness. Or Clenching your fist, feeling your heart beat fast and feeling flushed is connected to mad and aggressive which fall under the emotion of anger. It's important to identify the underlying emotions before you engaged your family member, partner, even coworker in a conversation because it will impact how you express yourself and how the other person receives the information you are giving them.

Therapist: How does that make you feel?
Me: It's like... [pulls out my phone] Hang on, I saw the best meme for this. There, I tagged you.



After you have identified what you are feeling and tend to those feelings you can practice using "I" statements. "I" statements help us take responsibility for our emotions as well as allowing up to share what we feeling without pointing a finger at the other person. When we use "You" statements the other person may become defensive and instead of having a conversation or discussion, you end up having an argument. "I statements usually go, "I feel (emotion) when (action/behavior that happened), because (share a past example/feeling)." End the "I" statement by asking for what you need. Example: I feel sad when I'm not invited to family trips because I feel like I'm not important. May you please invite me to the next trip."

If a conversation starts to become a shouting match, it is ok to take a break. Finding an object to signal that a break is needed is important. Some families have used an emotion octopus to identify the need for a break by changing it from the happy face to the sad face. You may enjoy soccer and use a red card for a time out. It's important to discuss taking a break prior to getting in a shouting match. Sometimes the other

person may feel abandoned or not cared about when they see the other person walk away. That's why using a signal is important.

There is an important reason to take a break if a discussion starts to turn into an argument or shouting match. When we feel like we are in danger, our bodies will go into fight, flight and freeze. We are not able listen to what the other person is trying to say and we shut down. Dr. John Gottam and Dr. Julie Schwartz Gottman both recommend a 20-minute break and state a break may not last more than a day. A break longer than a day could turn into the silent treatment, which does not feel good.

If you have any trouble identifying your own emotions or realized something in your past comes up during your arguments then don't hesitate to seek support from your elders or finding a therapist to work with.

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Spotlight on Mushrooms

They might be a type of fungus, but don't let that scare you away. Mushrooms are an excellent addition to your plate: They're tasty, extremely nutritious and versatile. Because mushrooms impart a fifth taste sense called umami, which is savory, hearty and "meat-like," mushrooms are also an economical and nutritious way to enhance your meal.

Nutrition

Mushrooms are a low calorie, low fat, low salt, and highly nutritious food. One cup of raw sliced mushrooms has approximately 20 calories and are a good source of potassium, selenium and copper. Mushrooms have significant amounts of three B-complex vitamins: riboflavin, niacin and pantothenic acid. They also can be excellent sources of vitamin D if they have been exposed to ultraviolet light right before or after harvesting. These vitamins and minerals have been shown to improve heart health, help manage blood sugars, decrease weight, reverse cell damage and aging, and help the nervous system work more efficiently!

Types

There are more than 2,000 varieties of edible mushrooms. They come in many shapes, sizes and textures. Some of the most common edible mushrooms include:

- **Agaricus** (White or Button): White button are the most common mushrooms to appear on grocery store shelves. They have a mild taste and can be used in just about anything from salads to sauces.
- **Chanterelles**: Chanterelles are funnel- or trumpet-shaped mushrooms with a fruity, apricot-like aroma and mild, peppery taste. Most are yellow or orange.
- **Crimini or Baby Bellas**: Crimini look similar to the white button, but are a little darker in color and have a stronger taste.
- **Enoki or Enokitake**: Enoki mushrooms are often used in Asian cuisine, particularly soups. They are long-stemmed and white, often packaged in clusters, and have a delicate flavor.
- **Morel**: Morels have a distinctive honeycomb-like shape and vary in color from light yellow to dark brown. They are earthy in flavor and should be cooked before eating.
- **Oyster**: Oyster mushrooms are smooth, trumpet-shaped and have a light flavor.
- **Porcini**: Porcini are reddish brown and have a nutty flavor. Try them in a classic Italian risotto.
- **Portobello**: Portobellos are larger, firmer and have a meatier taste. They make great "burgers" — try marinating portobello caps in Italian dressing and then grilling or baking.
- **Shiitake**: Like portobellos, shiitakes have a meatier taste and are better cooked than raw.

One word of caution: Don't pick and eat mushrooms in the wild that you don't know are safe. There are many poisonous mushrooms that look very similar to safe mushrooms.

Cooking

Mushrooms provide plenty of opportunity in the kitchen. Try grilling, stir-frying and sautéing. Mushrooms can enhance certain dishes, but also can be a tasty substitute for meat in your entrees. Chop them up and mix them in lasagnas, spaghetti, chili, even mixed with ground beef to make a burger that's part mushroom and part ground beef. Some other ideas to incorporate mushrooms on your plate:

- Add them to your eggs in the morning.
- Cook mushrooms in sauces and pair with whole-grain pasta dishes.
- Combine mushrooms and vegetables in whole-grain wraps.
- Skewer mushrooms, peppers, squash and tomatoes; then, grill until slightly charred.
- Top a pizza or fill an omelet with mushrooms.
- Add dried mushrooms to risotto dishes and soups.

Selection, Storage and Prep

Choose mushrooms with a firm texture, even color and tightly closed caps. They can be stored in the refrigerator in a paper bag for up to one week, but best used within a few days. To prep: Brush them off with your finger then rinse and pat dry with a paper towel or clean towel. Some mushrooms, such as shiitakes, should have their stem trimmed before cooking.



Phoenix Club

A Woman's Empowerment Group that will include the different types of local resources for Domestic/Intimate Partner Violence situations. We'll explore styles of modern and traditional healing and processing, through gardening, journaling, talking circles, group exercises, worksheets and more.

We will meet every 1st and 3rd Thursday of the month.

5:30pm - 7:30pm

at our FAIHP Community Garden located
at the Fresno Discovery Center
1937 N. Winery Ave. Fresno, CA 93703

Contact Naomi Ext 111 or Teela Ext. 105 to reserve a spot now!
559-320-0490

Nsanchez@faihp.org or Tkipp@faihp.org

What is the spiritual meaning of a Phoenix?

This mythical bird is a symbol of hope, renewal, rebirth, resurrection, solitude, and grace. Just like the phoenix emerges from its ashes, so can we after devastation and loss. The phoenix gives mankind hope and urges us to fight on. It asks us to keep up the human spirit



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RED WARRIOR PROJECT PRESENTS

TALKING TWO SPIRIT COFFEE HOUR

September 3, 2021

11:00am - 1:00pm

Talking Two Spirit is back as a monthly social hour!
Drop in for a quick snack or beverage or swing by for a
chat with Lead Navigator Serena Cuevas. Resources available.

18yrs and up.

FAIHP Gathering Corner

1551 E. Shaw Ave #122, Fresno, CA 93710

(559)320-0490



Native Wellness Garden Updates

A Few Tips to Beat Garden Pests

Native Wellness Department- Community Garden

Use Insect Traps

Yellow “sticky” cards are available at most garden centers. When placed on the ground and in between the shoots or branches of plants, they’ll catch many garden bugs that are traveling through your garden. Contact your local garden center or county extension agent for help in identifying the good garden bugs versus the bad ones.

Add Beneficial Insects

Insects like ladybugs can be invaluable in the fight against garden insect pests. They eat aphids, mites and the eggs and larvae of many destructive insects. Other beneficial garden bugs include praying mantises, lacewings and parasitic wasps. Most beneficial insects can be purchased from large horticultural supply companies. Your Garden stores/nurseries can help determine the quantity you’ll need for your garden. One important thing—don’t use any chemicals for 10 days before releasing these insects.

Keep your Garden Clean

Removing faded blooms, fallen leaves and weeds is important because decaying plant matter is a prime breeding ground for fungus, garden bugs and diseases. Carry a small pail or bucket with you every time you enter your garden and use it to collect garden litter.

Selectively and Aggressively Thin Out Plants

This is essential because small, weak seedlings are more likely to become diseased. And they, in turn, may pass the problem on to healthy plants. So be sure to prune away dead shoots and branches that restrict airflow. Plants need good air circulation to breath and stay healthy.

Water Plants in the Early Morning

Why? Well, plants primarily need water to help with photosynthesis, which occurs during the day. Also, if you water later in the day, the leaves will be damp during the cooler nighttime—an ideal condition for promoting fungus and other diseases. When you do water, soak the roots rather than getting the foliage wet. Soaker or drip hoses are a good investment.

Cited: <https://www.birdsandblooms.com/gardening/gardening-basics/natural-ways-eliminate-garden-insect-pests/>

Do have any tips that you’d like to share in our next article, then contact Naomi at Nsanchez@faihp.org

559-320-0490 Ext. 111

Happy Growing!

CBANS News!

California Native American Day is Friday, September 24th.

Native Americans are considered to be the first Americans to live in and populate the United States. By the time the first explorers and settlers arrived from Europe, Native Americans had populated the entire North American continent, from the Atlantic to the Pacific, and from the Gulf of Mexico all the way to the northern reaches of Canada.

In 1968, Governor Ronald Reagan signed a resolution calling for a holiday called “American Indian Day”, to be held the Fourth Friday in September. In 1998, the California Assembly declared “Native American Day” as an official state holiday, observed annually on the fourth Friday in September in the state of California.

In South Dakota (1989), the South Dakota legislature unanimously passed legislation proposed by Governor George S. Mickelson to proclaim 1990 as the “Year of Reconciliation” between Native Americans and white population, to change Columbus Day to Native American Day.

Since 1990, the second Monday in October has been celebrated as Native American Day in South Dakota. South Dakota is the only state to practice the non-observance of the federal holiday of Columbus Day by recognizing Native American Day. Today, both California and South Dakota refer to the holiday as Native American Day 2021.

Upcoming projects and presentation for our Beading and WISE group are beading pop sockets, earrings and California Indian Legal Services presenting on WILL preparation, Guardianship, People Records, Legal Services, Allotment Trust Land and Expungement with employment or housing and California Lifeline for phone services.

WISE group is every 2nd & 4th Thursday of each month from 1:00 - 2:00 pm

Beading for Stress Management is every Tuesday from 3:00 - 4:30pm

**If you would like to participate in our groups, please contact Teela Kipp at 559-320-0490
or email at tkipp@faihp.org**



**NOW ACCEPTING
NEW PATIENTS**

559-320-0490



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WWW.FAIHP.ORG

2021 Native Days Car & Bike Show graphic with a car, motorcycle, and tree.

2021

**NATIVE DAYS
CAR & BIKE SHOW**

FAIHP logo featuring a globe with a tree and sun.

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**NOVEMBER
20TH, 2021**

559-320-0490

WWW.FAIHP.ORG

FAIHP Will be going back to in-person (limited capacity) and with Zoom meetings per CDC and County Guidelines for your safety!

WISE Group

- Zoom Meeting Only
- 1:00-2:00pm on the 2nd and 4th Thursday each month

Beading for Stress Management Group

- Zoom Meeting
- Every Tuesday, 3:00-4:30pm

Wellbriety

- Every Wednesday, 5:30-7:30pm
- In-person (Limited capacity)

Community Advisory Committee

- Zoom Meeting
- Third Monday, 5:30-7:30pm

Case Management Services

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

Therapy Services

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

Family Spirit Services

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

Nutrition & Wellness Class

- Zoom Meeting
- 3rd Thursday each month, 12:00-2:00pm

Nutrition Counseling

- Via telehealth (phone or Zoom)

Clubhouse Tutoring/Educational Support

- In-person (Limited capacity)
- Via Zoom

Clubhouse Program

- In-person (Limited capacity)

Health Services

- In-person (Limited capacity)
- Via telehealth (phone or Zoom)

Phoenix Club

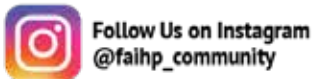
- 1st & 3rd Thursday In-person 5:30-7:30pm (@The Garden)



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139
Fresno, CA 93710
559.320.0490
Fax: 559.320.0494
www.faihp.org



ATTENTION: If you would like to receive the Newsletter in digital format only please let us know @ mcolvard@faihp.org or call (559) 320-0490

Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Medical Appointments
- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition Counseling

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The Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are comprehensive case management, public health nursing, providing access to health services and prevention education.